

Healthy IncentivesSM

2006 Wellness Assessment



Beginning January 1, 2006, all benefit-eligible regular and Local 587 employees and their spouses or domestic partners will be encouraged to participate in a wellness assessment as part of the Healthy IncentivesSM program. Healthy IncentivesSM has been designed to encourage and support employees in achieving and maintaining better health because research shows that people have a higher quality of life and are more productive when they are healthy.

There are two benefits in participating in the wellness assessment:

- You receive confidential feedback on your health and actions you can take to maintain or improve your health.
- You earn a lower out-of-pocket expense level for your 2007 benefits.

Participating is free, voluntary and completely confidential. Harris HealthTrends, Inc. has been selected as the third-party vendor to administer the wellness assessment. Harris HealthTrends will protect the confidentiality of your health information. In fact, King County cannot and will not have access to any of your individual personal or health information that you share when you participate in the Healthy IncentivesSM program.

Employees and their spouses or domestic partners who participate in the Healthy IncentivesSM program in 2006 will be eligible for the gold or silver out-of-pocket expense levels for the 2007 benefits year. The Healthy IncentivesSM program consists of two steps. Each step brings you one step closer to the gold or silver out-of-pocket expense levels. If you do not participate, then you will have the bronze level of out-of-pocket expense.

Step one: Take the wellness assessment. The wellness assessment is a survey that identifies potential health risks. The survey takes about 30 minutes to complete and gives each participant an individual action plan and helpful tips for improving and maintaining your health. If you take the wellness assessment, you are eligible for the silver out-of-pocket expense level.*

Step two: Follow up with your individual action plan. When you take the wellness assessment, you will receive an individual action plan. This is a report that describes your health risks and what you can do about them. Harris HealthTrends will offer each individual who completes the wellness assessment the opportunity to participate in a follow-up program. Your individual action plan will be based on your specific needs, health situation and level of risk. As with the wellness assessment, this step is completely voluntary and confidential. If you follow up with your individual action plan, you are eligible for the gold out-of-pocket expense level.*

That's all there is to it. Take the wellness assessment and follow the individual action plan and you will be eligible for the gold out-of-pocket expense level.

If you have questions about the wellness assessment or the Healthy IncentivesSM program, call Benefits and Retirement Operations at 206-684-1556.

**If you cover your spouse/domestic partner on the health plan, both you and your spouse/domestic partner must participate.*

Call 206-684-1556 for alternate formats.